

Irritable Bowel Syndrome: Understanding Family Doctor

Irritable bowel syndrome (IBS) is a common functional bowel disorder that affects the large intestine. It can cause a variety of symptoms, including abdominal pain, cramping, bloating, gas, and diarrhea or constipation. IBS is not a serious condition, but it can be a very uncomfortable and frustrating one.

IBS is thought to be caused by a combination of factors, including:

- **Abnormal muscle contractions in the colon:** The muscles in the colon can contract too often or too forcefully, which can lead to abdominal pain and cramping.
- **Increased sensitivity to pain:** People with IBS may be more sensitive to pain in their colon than people without IBS.
- **Changes in the gut microbiome:** The gut microbiome is the community of bacteria that live in the gut. Changes in the gut microbiome have been linked to IBS.
- **Stress:** Stress can trigger IBS symptoms in some people.

The most common symptoms of IBS include:

Irritable Bowel Syndrome (Understanding) (Family Doctor) by Kenneth Kee

★★★★★ 4.5 out of 5

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Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
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Print length	: 91 pages
Lending	: Enabled



- Abdominal pain and cramping
- Bloating
- Gas
- Diarrhea or constipation
- Alternating episodes of diarrhea and constipation
- Mucus in the stool
- Feeling the need to have a bowel movement frequently
- Urgent need to have a bowel movement
- Difficulty passing stool
- Abdominal pain that is relieved by having a bowel movement

There is no specific test for IBS. Your doctor will diagnose IBS based on your symptoms and a physical exam. Your doctor may also Free Download tests to rule out other conditions, such as:

- Crohn's disease

- Ulcerative colitis
- Celiac disease
- Lactose intolerance

There is no cure for IBS, but there are a number of treatments that can help to relieve symptoms. These treatments include:

- **Diet:** Eating a healthy diet can help to reduce IBS symptoms. Some foods that may trigger IBS symptoms include:
 - High-FODMAP foods (fermentable oligosaccharides, disaccharides, monosaccharides, and polyols)
 - Gluten
 - Dairy products
 - Caffeine
 - Alcohol
- **Lifestyle changes:** Making some lifestyle changes can also help to reduce IBS symptoms. These changes include:
 - Getting regular exercise
 - Managing stress
 - Getting enough sleep
- **Medications:** There are a number of medications that can be used to treat IBS symptoms. These medications include:
 - Antispasmodics

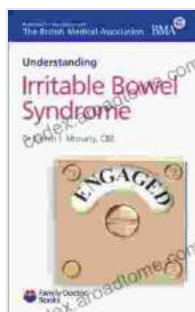
- Antidiarrheals
- Laxatives
- Antidepressants

IBS is a chronic condition, but it is possible to manage your symptoms and live a full and active life. Here are some tips for living with IBS:

- **Learn about your triggers:** Pay attention to what foods and situations seem to trigger your IBS symptoms. Once you know your triggers, you can avoid them or manage them.
- **Eat a healthy diet:** Eating a healthy diet can help to reduce IBS symptoms. Some foods that may be helpful for IBS include:
 - Low-FODMAP foods
 - Soluble fiber
 - Probiotics
- **Get regular exercise:** Regular exercise can help to improve digestion and reduce stress.
- **Manage stress:** Stress can trigger IBS symptoms, so it is important to find ways to manage stress. Some helpful stress-reducing techniques include:
 - Yoga
 - Meditation
 - Tai chi

- **Get enough sleep:** Getting enough sleep can help to improve your overall health and well-being, which can also help to reduce IBS symptoms.

If you are struggling to manage your IBS symptoms, talk to your doctor. There are a number of treatments available that can help you to live a full and active life.



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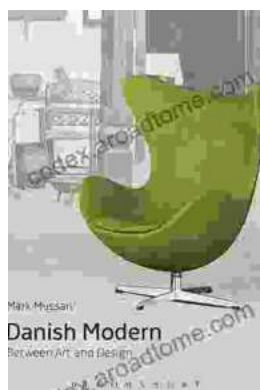
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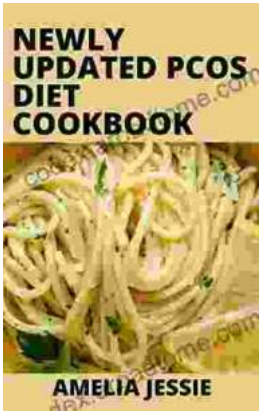
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